

Vitali-C Plus Frequently Asked Questions

Q. What threatens the immune system?

A. The immune system is threatened by much more than germs and bacteria. Stress, lack of sleep, poor diet and lack of exercise also break down the immune system and leave us susceptible to disease.

Q. Why do I need to take both Vitali-C Plus and Body Balance everyday?

A. Body Balance provides you with a solid, nutritional foundation. Taken every day, it provides necessary trace minerals and nutrients that you are likely not receiving from food alone due to the depletion of our soils. Vitali-C Plus is designed as daily, targeted immune nutrition. Vitali-C Plus' ingredients were specifically selected and combined in amounts to strengthen your immune system and improve your immune response when the body is attacked by the pathogens you come into contact with everyday. So, Body Balance supports daily nutrition for your entire body and Vitali-C Plus specifically targets and strengthens your immune system.

Q. How does black currant (cassis) protect the immune system?

Health Components Found in Black Currant (Cassis)	
COMPONENT:	HOW YOU MAY BENEFIT:
Anthocyanins promote	Vision health, heart and brain health, improved immune health
Antioxidants/Phytochemicals promote	Brain, heart and cardiovascular health, reduced inflammation
Polyphenols promote	Reduced inflammation, brain and cardiovascular health, vision health
Omega-3 ALA promotes	Cardiovascular and circulatory system health, joint health, immune system
GLA promotes	Improved women's health, skin, hair and nail health, anti-inflammatory
Vitamin C promotes	Immune system, heart health, anti-aging, reduced and inflammation of blood vessels

Q. What are the benefits of the black currant (cassis) berry?

A. Used for centuries by the Japanese as an herbal remedy, black currant (cassis) berries have long been recognized as being one of the most health-promoting fruits in the world. Locked inside this super fruit are health-promoting components including anthocyanins, antioxidants, and essential fatty acids omega-3 and omega-6. Black currant berries are also packed with vitamin Bs, vitamin C, vitamin A, calcium, magnesium, beta carotene, dietary fiber, and tons of other helpful vitamins and nutrients!

Q. Why are New Zealand black currants superior to those grown elsewhere?

A. Life Force has carefully chosen the origin of the black currant used in its product in order to optimize health benefits, flavor and color. Grown in an ideal climate in New Zealand, our black currant benefits from the country's pure mountain waters and uncontaminated, fertile soils. New Zealand Black Currant scores more than twice as high as blueberries, and six times higher than red grapes in ORAC testing; evidence of the magnificent antioxidant properties of the black currant grown in this region.

Q. How does the black currant (cassis) berry enhance the effectiveness of the other ingredients in Vitali-C Plus?

A. Black currant, specifically the anthocyanins found in black currants, promote general health while also improving a lengthy list of health ailments and conditions. One of the specific benefits of cassis anthocyanins is that it improves circulation throughout the body, along with increasing blood flow through blood vessels. The main way that black currant anthocyanins can enhance the effectiveness of other ingredients. It has the ability to push the health promoting components of the other ingredients through the blood vessels more effectively, allowing them to reach their destination more quickly and to be used when they are most effective.

Q. What are the benefits of pinecone extract? What makes it an immune defender?

A. Studies show that a highly concentrated extract derived from pinecones called PPC (polyphenylpropenoid- polysaccharide complex) acts to bolster the immune system by promoting dendritic cell development. This is important because mature dendritic cells stimulate super-fighter T-cells which your body uses to protect the immune system by responding to bacteria and foreign invaders.

Q. What is Proligna® Pinecone Extract? How is it superior to others?

Proligna® Pinecone Extract is a patented, all-natural botanical compound with anti-bacterial and anti-inflammatory properties. It is preservative-free and is made from a sustainable source of pinecones from North America. Most importantly, Proligna® has been shown to enhance the production of human dendritic cells nine-fold in just nine days, promoting heightened immune function.

Q. What is Quercetin and why is it in Vitali-C Plus?

A. Quercetin is a bioflavonoid that is found in many fruits and vegetables particularly in the skins. It has antioxidant properties that support the immune system through anti-inflammatory and anti-allergy properties.

Q. Can children take Vitali-C Plus? If so, what is the recommended daily intake?

A. For children ages 4-12, mix half a packet in 4 fluid ounces of water daily. Children may take a full packet in 4 fluid ounces of water when they need an extra boost. Do not give to children under the age of 4 without first consulting your pediatrician.

Q. I am allergic to Pinecone Pollen. Should I be concerned with the Pinecone Extract in Vitali-C Plus?

A. Pinecone pollen comes from the male pinecone which doesn't look like a pinecone at all. What most of us call pinecones are the female pinecones. Once pollinated by wind, female pinecones become the receptacles of the seed. It takes years after pollination for the seeds to mature, so it is highly unlikely that there is any pollen residue on the mature pinecones.

Pinecone extract used in Vitali-C Plus is a water-soluble extract from clean, mature female pinecones. The water-extraction process removes anything except for lignin-polysaccharides, which are the active molecules. There is no pine pollen, oil, needles or any other ingredients that could cause allergy.

Those with allergies to pinecone pollen should not have any issues when taking Vitali-C Plus, however it is advisable to check with your allergist or physician to confirm.